



Relationships and Sex Education Policy

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RSE policy

What is required?

1.1 All schools must have an up-to-date policy which is made available for inspection and to parents. The policy must:

- define relationship and sex education;
- describe how relationship and sex education is provided and who is responsible for providing it;
- say how relationship and sex education is monitored and evaluated;
- include information about parents' right to withdrawal; and
- be reviewed regularly.

1.2 The Department recommends that relationship and sex education is delivered through the PSHE and Citizenship framework. Schools therefore will want to have an overall policy on PSHE and Citizenship including relationship and sex education. It is also essential that governing bodies involve parents in developing and reviewing their policy. This will ensure that they reflect parents' wishes and the culture of the community the school serves. Governors and parents will need to address the issue of how those who miss lessons on sex and relationship education can catch up on another occasion.

Introduction

At Lister Community School we believe that 'effective relationship and sex education is essential if young people are to make responsible and well informed decisions about their lives' (DFEE/PSHE 2000, RSE Guidance) in order to help and support young people through their physical, emotional and moral development and to develop the skills they need to live confident, healthy and independent lives. We are also committed to becoming a Healthy School.

We believe that:

- -Good RSE encourages students to develop as responsible and happy individuals, and to contribute to the community;
- Students should learn the value of stable relationships as key building blocks of community and society, while recognising that there are a variety of types of family structure and encouraging acceptance of different approaches
- Students need to be given accurate information and learn to understand difference and respect themselves and others;
- Students should be encouraged to support family commitment and love, respect and affection, and develop knowledge and openness;
- Students need to understand human sexuality, learn about the benefits of delaying sexual activity, and learn where appropriate advice can be maintained on sexual health.
- RSE contributes to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and of society, and enables young people to mature, build up their confidence and self-esteem
- -RSE educates students about sex, sexuality and sexual health; it is NOT about the promotion of sexual orientation or sexual activity.
- -RSE should encourage students and teachers to share and respect each other's views, including different approaches to sexual orientation. The important values are love, respect and care for each other.

Therefore:

- We aim to generate an atmosphere where questions and discussion on sexual matters can take place without any stigma or embarrassment.
- We recognise that parents are the key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents and students, consulting them about the content of programmes.

- We recognise that the wider community has much to offer and we aim to work in partnership with health professionals, social workers, peer educators and other mentors or advisers.
- At all times we will observe our Child Protection and Safeguarding Policies and Inclusion policies regarding the safety and wellbeing of all students, and respecting cultural difference

The Three Main Elements of RSE:

Attitudes and values	Personal and Social Skills	Knowledge and Understanding
<ul style="list-style-type: none"> - Learning the importance of values and individual conscience and moral considerations; - Learning the value of family life, marriage and stable and loving relationships for the nurture of children; - Learning the values of respect, love and care; - Exploring, considering and understanding moral dilemmas; - Developing critical thinking as part of decision-making 	<ul style="list-style-type: none"> - Learning how to manage emotions and relationships confidently and sensitively; - Developing self-respect and empathy for others; - Learning to make choices based on an understanding of difference and with an absence of prejudice; - Developing an appreciation of the consequences of choices made; - Managing conflict; - Learning how to recognise and avoid exploitation and abuse. 	<ul style="list-style-type: none"> - Learning and understanding physical development at appropriate stages; - Understanding human sexuality, reproduction, sexual health, emotions and relationships; - Learning about contraception and the range of local and national sexual health advice, contraception and support services; - Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay; - The avoidance of unplanned pregnancy.

What is Relationships and Sex Education?

RSE at Lister is taught through a range of methods:

1. PSHE sessions delivered by trained staff (including, where appropriate, Inclusion staff); and external organisations
2. SMSC activities delivered by Heads of House and tutors;

It is assessed through the Character Award, student feedback, and feedback from supervising staff.

KEY STAGE THREE			KEY STAGE FOUR	
Year 7	Year 8	Year 9	Year 10	Year 11
Puberty including personal hygiene	Challenging stereotypes	Different types of relationships and recognising unhealthy relationships	Recognising and managing risk	Assessing needs
Reproduction	Self esteem	Importance of family life for bringing up children	Dealing with unintended pregnancy	Accessing local and national services
Friendships	Talking about relationships and sex	Readiness for sex and respecting the right of delaying sexual activity	Sexual Health Services	
Challenging stereotypes	Negative relationships such as gang violence and videos	Consent and the law		
Negative relationships such as gang myths and realities	Social pressures on young people	Sexual health and contraceptive methods		
Getting help and support		Safety online / sexting		
		Recognising the portrayal and impact of sex in the media and social media, such as pornography		

This policy is part of the wider PSHE curriculum, currently to be found here:

Statement to parents and carers as on the website: